

Supplementary Appendix

This appendix has been provided by the authors to give readers additional information about their work.

Supplement to: Villareal DT, Chode S, Parimi N, et al. Weight loss, exercise, or both and physical function in obese older adults. *N Engl J Med* 2011;364:1218-29.

SUPPLEMENTARY APPENDIX

Supplementary Appendix Table 1: Summary of Adverse Events

Relation to the study	CONTROL (n = 27)	DIET (n = 26)	EXER (n = 26)	DIET+EXER (n = 28)
Definitely not related				
	Tongue cancer	Thyroidectomy for thyroid nodule	Back injury after motor vehicular accident	Hysterectomy for myoma
	Humeral fracture after a fall while traveling abroad	Surgery for kidney stones		Hospitalization for Influenza
	Wrist fracture after a fall on ice			Pneumonia and atrial fibrillation
	Labile hypertension			Pneumonia
Possibly related				
		Back surgery	Fall at home (n=3)	Hernia surgery
			Transient atrial fibrillation at home	Total hip arthroplasty
Probably related				
		Light headedness and presyncope	Dizziness/vertigo	Dizziness/vertigo
				Transient weakness
Definitely related				
	Bruising after blood draw	Bruising after blood draw	Back pain (n=2)	Back pain (n=3)
			Tendon tear and tendonitis	Knee pain (n=2)
			Ankle fracture	Heat sore after blood draw
			Hematoma	
			Transient atrial fibrillation during exercise	

Supplementary Appendix Table 2: **Effect of Diet, Exercise, or Both on other Secondary Outcome Variables in Obese Older Adults ***

Outcome Variables	CONTROL (n=27)	DIET (n=26)	EXER (n=26)	DIET+EXER (n=28)	<i>P</i> for Grp*Time	<i>P</i> for Contrasts Tested [†]		
						DIET vs. CONTROL	EXER vs. CONTROL	DIET+EXER vs. DIET, EXER
Bone mineral density								
Whole body, gm/cm ²								
Baseline	1.207±0.177	1.252±0.178	1.163±0.119	1.259±0.173				
Δ 6 mo	0.006±0.039	-0.005±0.034	0.007±0.019	0.010±0.038				
Δ 1 y	0.001±0.038	0.005±0.036	0.007±0.023	0.024±0.074	.37			
Lumbar spine, gm/cm ²								
Baseline	1.096±0.152	1.123±0.160	1.075±0.157	1.174±0.271				
Δ 6 mo	0.007±0.034	0.010±0.030	0.011±0.025	0.008±0.031				
Δ 1 y	0.003±0.034	0.011±0.032	0.008±0.027	0.010±0.039	.62			
Quality of Life								
SF-36, physical, %								
Baseline	70.7±12.2	71.9±10.0	69.3±14.4	69.8±17.6				
Δ 6 mo	-2.9±13.1	5.1±9.0§	5.7±12.6¶	5.1±10.9§				
Δ 1 y	-4.1±10.2	8.4±10.1‡	5.7±8.0§	8.6±9.3‡	<.01	<.01	<.01	.95, .38
SF-36, mental, %								
Baseline	77.2±12.2	79.1±11.02	75.0±19.7	79.0±11.0				
Δ 6 mo	0.4±9.8	1.8±10.7	2.9±11.6	4.1±9.2¶				
Δ 1 y	-0.5±10.5	4.6±12.0	5.6±18.3	3.3±9.9	.57			

* Data are given as means ± SD

† *P* values between groups after 1 year reflects the equality of changes from baseline to 1 year by mixed-model repeated-measures ANOVA contrasts (using baseline values and gender as covariates). The following contrast statements in the mixed-model repeated-measures ANOVA tested the hypotheses that (1) changes in the DIET group were different than in the CONTROL group, (2) changes in the EXER group were different than in the CONTROL group, and (3) changes in the DIET+EXER group were significantly different than in the DIET and/or EXER groups. The *P* values for the contrasts are not reported when the overall *P* values were not significant for the Group x Time interactions.